Abstract

The present invention is related to a new soybean noodle. This noodle comprises 4 to 10 parts by weight of soybean powder and 2 to 4 parts by weight of wet bean-curd residue with water content of 60%~80%. Moreover, the noodle may also comprise 0.5 to 2 parts by weight of soybean protein powder. The processing steps are as follows: peeling、 defatting and crushing the soybean into powder of 70-120 mesh size; then mixing uniformly the treated powder with wet bean-curd residue and soybean protein powder; and finally extruding and aging the mixture to form finished noodle product using the extruder under the condition of high-temperature and high-pressure. This noodle features rich and balanced in nutrient. Besides rich plant protein, the said noodle comprises dietary fibre with the content up to 3%~12%. The said noodle tastes delicious without soybean odour. When it is cooked, it is non-sticky and not easy to break. The noodle is suitable for all kinds of consumer groups. Especially, it is a perfect health-care food for adiposis，diabetes，cardiovascular disease and constipation patients and old people.